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News Release

USU Professor Assists with Program Geared at Helping Children Cope with Military Deployments

BETHESDA, Md. – Dr. Stephen Cozza, associate director of the Center for the Study of Traumatic Stress at the Uniformed Services University of the Health Sciences (USU) contributed to the development of an outreach kit by Sesame Workshop aimed at helping young children of service members deal with the stresses of military deployments. The kit is titled *Talk, Listen, Connect: Helping Families During Military Deployment*.

Dr. Cozza, who is also an associate professor of psychiatry at USU, participated in a panel discussion along with other military family groups and subject matter experts, April 3 at The National Press Club.

The national sample of 367 spouses of active-duty, National Guard and Reserve personnel from all branches of service revealed:

- More than 80 percent of families rated the kit as highly appealing, effective and comprehensible for adults and children.
- Families expressed increased comfort levels in helping children cope with current and future deployment utilizing suggestions and strategies from the materials.
- Parents reported feeling less depressed and hopeless.
- Families reported that their children exhibited fewer negative behaviors and an increase in constructive family interactions about deployment.

The kit includes a DVD which features the Sesame Street Muppets, and addresses the challenges and concerns children experience during various stages of deployment. The kit is available online at: www.sesameworkshop.org/tlc.

Established by the U.S. Congress in 1972, the Uniformed Services University of the Health Sciences is located on the campus of the National Naval Medical Center in Bethesda, Md., and is the nation's only federal school of medicine and graduate school of nursing.

Information for this release was obtained from the Sesame Workshop. For more information, call the Office of External Affairs at (301) 295-1219.